

NASFED EVENT CALENDAR 2024-2025 - WINTER

EVENT				EVENT DETAILS																						
Event	Dates	Venue	Host	Free						Back			Breast			Fly			IM				RELAYS			
				50	100	200	400	800	1500	50	100	200	50	100	200	50	100	200	100	200	400	FREE	MEDLEY	MIX FREE	MIX MEDLEY	
NASFED Water Polo Games	14-15 APRIL 2024	Katutura	STONES	LOCAL GAMES																						
AA Championships	30 APRIL - 5 MAY 2024	Luanda	AA	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X			
NASFED SC GALA 1	24 MAY 2024	ORA	ORA				X			X					X					4X100						
	25 MAY 2024	ORA	ORA	X	X						X					X			X							
NASFED AGM	1 JUNE 2024	TBC	NASFED	NASFED AGM																						
NASFED SC GALA 2	14 JUNE 2024	DOL	DOL										X	X			X			4X50			4X100			
	15 JUNE 2024	DOL	DOL			X		X			X							X								
NASFED SC GALA 3	19 JULY 2024	DOL	AQUA	X							X										4X50	4X100				
	20 JULY 2024	DOL	AQUA		X		X			X			X			X	X									
OLYMPIC GAMES	26 JULY-11 AUGUST 2024	Paris	WA	10 KM OW MARATHON																						
		Paris	WA	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X			
NASFED SC GALA 4	16 AUGUST 2024	MAC	MAC									X				X			X	4X200						
	17 AUGUST 2024	MAC	MAC		X					X	X			X		X			X							
WA Junior WC (OWS)	6 - 8 SEPTEMBER 2024	Alghero	WA	OWS																						
NASFED Water Polo Games	16-20 SEPTEMBER 2024	Katutura	STONES	INVITATIONAL																						
SA Nationals (SC)	21-24 SEPTEMBER 2024	TBC	SWIM SA	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X			
BW NAM SC NAT CHAMPS	26-29 SEPTEMBER 2024	Swakopmund	NASFED	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X			
NASFED PRIZE-GIVING	29 SEPTEMBER 2024	Swakopmund	NASFED	NASFED PRIZE-GIVING																						

NASFED EVENT CALENDAR 2024-2025 - SUMMER

EVENT				EVENT DETAILS																RELAYS					
Event	Dates	Venue	Host	Free						Back			Breast			Fly			IM			FREE	MEDLEY	MIX FREE	MIX MEDLEY
				50	100	200	400	800	1500	50	100	200	50	100	200	50	100	200	100	200	400				
BW NASFED LC GALA 1	18 OCTOBER 2024	Olympia	DOL		X					X						X		X							
	19 OCTOBER 2024	Olympia	DOL	X			X		X			X		X		X									4X100
NASFED OWS EVENT	26 OCTOBER 2024	OANOB	NASFED	OPEN WATER EVENT																					
NASFED DIVING EVENT	26 OCTOBER 2024	Olympia	NASFED	1 METER SPRING BOARD COMPETITION																					
PUPKEWITZ GALA	2-3 NOVEMBER 2024	Olympia	NASFED	PUPKEWITZ INTERSCHOOL GALA																					
BW NASFED LC GALA 2	15 NOVEMBER 2024	Olympia	AQUA					X			X			X											
	16 NOVEMBER 2024	Olympia	AQUA	X		X				X				X						X	4X50	4X50	4X100		
AA Zone IV CHAMPS	4-7 DECEMBER 2024	Olympia	AA/NASFED	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
WA SWC (25m)	10-15 DECEMBER 2024	Budapest	WA	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
BW NASFED LC GALA 3	24 JANUARY 2025	Olympia	MAC						X			X		X											
	25 JANUARY 2025	Olympia	MAC	X			X				X		X				X		X				4X100		
BW NAM LC NAT CHAMPS	20 -23 FEBRUARY 2025	Olympia	NASFED	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
POINT BREAK OWS EVENT	1-2 MARCH 2025	OANOB	OTB	OPEN WATER EVENT																					
SA OWS NATIONALS	7-9 MARCH 2025	TBC	SWIM SA	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
BW NASFED LC GALA 4	14 MARCH 2025	Olympia	PHOE		X					X				X							X				
	15 MARCH 2025	Olympia	PHOE			X		X					X			X	X					4X100		4X50	4X50
AQUAPENTATHLON	16 MARCH 2025	Olympia	NASFED	8&U	X					8&U	X		8&U	X		8&U	X			X					
SA JUNIOR NATIONALS	14-18 MARCH 2025	TBC	SWIM SA	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
SA LEVEL 3 CHAMPS	20-23 MARCH 2025	TBC	SWIM SA	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
SA LEVEL 2 CHAMPS	27-29 MARCH 2025	TBC	SWIM SA	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
SA NATIONAL CHAMPS	7-12 APRIL 2025	TBC	SWIM SA	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
NASFED OWS EVENT	19 APRIL 2025	Swakopmund	NASFED	OPEN WATER EVENT																					
NASFED SC GALA 5	25 APRIL 2025	MAC	PHOE						X				X							X					
	26 APRIL 2025	MAC	PHOE	X		X					X				X	X			X						
WORLD AQUATIC DAY	APRIL 2025	TBC	NASFED	WORLD AQUATIC DAY																					

Total of each event swam in NASFED SC Galas (excluding NNC)

3 3 2 2 1 1 3 3 2 3 3 2 3 3 2 3 3 2

Total of each event swam in NASFED LC Galas (excluding NNC & Aquapentathlon)

3 2 2 2 2 2 3 2 2 3 2 2 3 2 2 0 2 2

EVENT CATEGORIES

NASFED SWIMMING GALAS GALAS	: all local SC/LC swimming galas
NASFED NATIONAL CHAMPIONSHIPS	: Namibia National Championships (SC and LC)
REGIONAL EVENTS	: club teams participating in regional events (SA galas such as NTS, Western Cape or other regional championships)
NASFED REGIONAL EVENTS	: NASFED teams participating in regional events (SA Age-group and national championships)
AFRICA AQUATICS EVENTS	: national teams participating in regional or continental events (such as AA Zone IV and African Championships)
WORLD AQUATICS EVENTS	: national teams participating in international events (Junior World Championships and World Championships)
INTERNATIONAL OLYMPIC COMMITTEE EVENTS	: national teams participating in the Commonwealth Games or the Olympics (Youth or Open)

OPEN WATER EVENTS	: local OWS events including non-NASFED events
WATER POLO EVENTS	: local Water Polo events organised by NASFED affiliates
DIVING EVENTS	: local Diving events organised by NASFED
NASFED EVENTS	: local, aquatic and non-aquatic events organised or coordinated by NASFED

NB: other events, not listed above, can be attended by individuals and/or clubs if NSC clearance is obtained

ORDER OF EVENTS FOR NASFED SWIMMING GALAS 2024-2025 SHORT COURSE

NASFED SC GALA 1		ORANJEMUND	
HOST: ORA			
FRIDAY 24 th MAY 2024 at 15h00			
8 & Under	10 & Under	12 & Under	13 & Over
		400 Free	400 Free
20 minutes break			
50 Back	50 Back	50 Back	50 Back
	100 Fly	100 Fly	100 Fly
15 minutes break			
RELAYS: 4 x 100 Free			

NASFED SC GALA 1		ORANJEMUND	
HOST: ORA			
SATURDAY 25 th MAY 2024 at 8h00			
8 & Under	10 & Under	12 & Under	13 & Over
		400 IM	400 IM
	100 Beast	100 Breast	100 Breast
20 minutes break			
50 Free	50 Free	50 Free	50 Free
		200 Back	200 Back
20 minutes break			
	100 Free	100 Free	100 Free
		200 Fly	200 Fly

NASFED SC GALA 2		DOLPHINS	
HOST: DOL			
FRIDAY 14 th JUNE 2024 at 15h00			
8 & Under	10 & Under	12 & Under	13 & Over
		200 Breast	200 Breast
50 Fly	50 Fly	50 Fly	50 Fly
20 minutes break			
100 IM	100 IM	100 IM	100 IM
15 minutes break			
RELAYS: 4 x 100 Med. MIX / 4 x 50 Free			

NASFED SC GALA 2		DOLPHINS	
HOST: DOL			
SATURDAY 15 th JUNE 2024 at 8h00			
8 & Under	10 & Under	12 & Under	13 & Over
		200 Free	200 Free
50 Breast	50 Breast	50 Breast	50 Breast
20 minutes break			
200 IM	200 IM	200 IM	200 IM
20 minutes break			
	100 Back	100 Back	100 Back
		800 Free	800 Free

NASFED SC GALA 3		DOLPHINS	
HOST: AQUA			
FRIDAY 19 th JULY 2024 at 15h00			
8 & Under	10 & Under	12 & Under	13 & Over
50 Free	50 Free	50 Free	50 Free
		200 Back	200 Back
20 minutes break			
		400 IM	400 IM
20 minutes break			
RELAYS: 4 x 100 Free MIX / 4 x 50 Medley			

NASFED SC GALA 3		DOLPHINS	
HOST: AQUA			
SATURDAY 20 th JULY 2024 at 8h00			
8 & Under	10 & Under	12 & Under	13 & Over
		200 Fly	200 Fly
		400 Free	400 Free
20 minutes break			
	100 Breast	100 Breast	100 Breast
	100 Fly	100 Fly	100 Fly
20 minutes break			
50 Back	50 Back	50 Back	50 Back
	100 Free	100 Free	100 Free

NASFED SC GALA 4		MARLINS	
HOST: MAC			
FRIDAY 16 th AUGUST 2024 at 15h00			
8 & Under	10 & Under	12 & Under	13 & Over
200 IM	200 IM	200 IM	200 IM
20 minutes break			
50 Breast	50 Breast	50 Breast	50 Breast
	100 Fly	100 Fly	100 Fly
15 minutes break			
RELAYS: 4 x 200 Free			

NASFED SC GALA 4		MARLINS	
HOST: MAC			
SATURDAY 17 th AUGUST 2024 at 8h00			
8 & Under	10 & Under	12 & Under	13 & Over
	100 Back	100 Back	100 Back
50 Fly	50 Fly	50 Fly	50 Fly
20 minutes break			
100 IM	100 IM	100 IM	100 IM
50 Back	50 Back	50 Back	50 Back
20 minutes break			
	100 Free	100 Free	100 Free
	100 Breast	100 Breast	100 Breast

NASFED SC GALA 5		MARLINS	
HOST: PHOE			
FRIDAY 25 th APRIL 2025 at 15h00			
8 & Under	10 & Under	12 & Under	13 & Over
		1 500 Free	1500 Free
50 Breast	50 Breast	50 Breast	50 Breast
20 minutes break			
		200 IM	200 IM
20 minutes break			
RELAYS: 4 x 100 Medley			

NASFED SC GALA 5		MARLINS	
HOST: PHOE			
SATURDAY 26 th APRIL 2025 at 8h00			
8 & Under	10 & Under	12 & Under	13 & Over
		200 Free	200 Free
50 Fly	50 Fly	50 Fly	50 Fly
20 minutes break			
100 IM	100 IM	100 IM	100 IM
50 Free	50 Free	50 Free	50 Free
20 minutes break			
		200 Breast	200 Breast
	100 Back	100 Back	100 Back

Namibia National SC Championships: 26th – 29th September 2024 (Swakopmund)

ORDER OF EVENTS FOR NASFED SWIMMING GALAS 2024-2025 LONG COURSE

BW LC GALA 1		OLYMPIA	
HOST: DOL			
FRIDAY 18 th OCTOBER 2024 at 15h00			
8 & Under	10 & Under	12 & Under	13 & Over
200 IM	200 IM	200 IM	200 IM
50 Back	50 Back	50 Back	50 Back
20 minutes break			
	100 Free	100 Free	100 Free
		200 Fly	200 Fly

BW LC GALA 1		OLYMPIA	
HOST: DOL			
SATURDAY 19 th OCTOBER 2024 at 8h00			
8 & Under	10 & Under	12 & Under	13 & Over
		1500 Free	1500 Free
50 Fly	50 Fly	50 Fly	50 Fly
20 minutes break			
		200 Back	200 Back
50 Free	50 Free	50 Free	50 Free
20 minutes break			
	100 Breast	100 Breast	100 Breast
		400 Free	400 Free
15 minutes break			
RELAY: 4 x 100 Medley MIX			

BW LC GALA 2		OLYMPIA	
HOST: AQUA			
FRIDAY 15 th NOVEMBER 2024 at 15h00			
8 & Under	10 & Under	12 & Under	13 & Over
		800 Free	800 Free
50 Breast	50 Breast	50 Breast	50 Breast
20 minutes break			
	100 Back	100 Back	100 Back
	100 Fly	100 Fly	100 Fly

BW LC GALA 2		OLYMPIA	
HOST: AQUA			
SATURDAY 16 th NOVEMBER 2024 at 8h00			
8 & Under	10 & Under	12 & Under	13 & Over
		200 Free	200 Free
50 Back	50 Back	50 Back	50 Back
20 minutes break			
		200 Breast	200 Breast
50 Free	50 Free	50 Free	50 Free
20 minutes break			
		400 IM	400 IM
15 minutes break			
RELAYS: 4 x 100 Free MIX / 4 x 50 Free / 4 x 50 Medley			

BW LC GALA 3		OLYMPIA	
HOST: MAC			
FRIDAY 24 th JANUARY 2025 at 15h00			
8 & Under	10 & Under	12 & Under	13 & Over
		200 Back	200 Back
50 Fly	50 Fly	50 Fly	50 Fly
20 minutes break			
	100 Breast	100 Breast	100 Breast
		1500 Free	1500 Free

BW LC GALA 3		OLYMPIA	
HOST: MAC			
SATURDAY 25 th JANUARY 2025 at 8h00			
8 & Under	10 & Under	12 & Under	13 & Over
		200 Fly	200 Fly
	100 Back	100 Back	100 Back
20 minutes break			
50 Breast	50 Breast	50 Breast	50 Breast
		400 Free	400 Free
20 minutes break			
200 IM	200 IM	200 IM	200 IM
50 Free	50 Free	50 Free	50 Free
15 minutes break			
RELAY: 4 x 100 Medley			

BW LC GALA 4		OLYMPIA	
HOST: PHOE			
FRIDAY 14 th MARCH 2025 at 15h00			
8 & Under	10 & Under	12 & Under	13 & Over
		400 IM	400 IM
50 Back	50 Back	50 Back	50 Back
20 minutes break			
		200 Breast	200 Breast
	100 Free	100 Free	100 Free

BW LC GALA 4		OLYMPIA	
HOST: PHOE			
SATURDAY 15 th MARCH 2025 at 8h00			
8 & Under	10 & Under	12 & Under	13 & Over
50 Fly	50 Fly	50 Fly	50 Fly
		200 Free	200 Free
20 minutes break			
50 Breast	50 Breast	50 Breast	50 Breast
	100 Fly	100 Fly	100 Fly
20 minutes break			
		800 Free	800 Free
15 minutes break			
RELAYS: 4 x 100 Free / 4 x 50 Medley MIX / 4 x 50 Free MIX			

AQUAPENTATHLON		OLYMPIA	
HOST: NASFED			
SUNDAY 16 th MARCH 2025 at 8h00			
8 & Under	10 & Under	12 & Under	13 & Over
50 Fly	100 Fly	100 Fly	100 Fly
50 Back	100 Back	100 Back	100 Back
20 minutes break			
50 Breast	100 Breast	100 Breast	100 Breast
50 Free	100 Free	100 Free	100 Free
20 minutes break			
200 IM	200 IM	200 IM	200 IM

Namibia National LC Championships: 20th – 23rd February 2025 (Olympia, Windhoek)